

# Tips for discussing menopause with your healthcare professional

## Want to discuss menopause with your healthcare professional, but unsure where to start?

Whether you're experiencing menopause symptoms for the first time, have noticed changes in your symptoms, or would like to ask about available treatment options, your healthcare professional can answer your questions about menopause and make sure that, together, you can make an informed choice about the best approach for you.

**Unsure where to start or what to say? The below prompts can be used as a helpful guide to get the most out of your next appointment.**

## Tips

### Explain why you have made this appointment.

- ✓ Have you been feeling different lately? Like having hot flushes or feeling different in your body?
- ✓ Are you experiencing symptoms of menopause for the first time? If yes, how long have you been experiencing them for, how frequent are they, and how are they impacting you?
- ✓ Have your symptoms recently changed in type, frequency or severity?
- ✓ Do you want a refresher on your treatment options?
- ✓ Are you unsure if your current treatment is working?

### Explain your current lifestyle and priorities when it comes to menopause management. This will help your healthcare professional to assess which treatment (if any) is most suitable for you.

- ✓ What are your overall health goals during menopause? Do you want to manage specific symptoms, or optimise your quality of life?
- ✓ What does your day-to-day life look like?
- ✓ Do you participate in physical activities (i.e. hiking, swimming, cycling, walking etc.)?
- ✓ Are you interested in exploring lifestyle adjustments in addition to your treatment options?

### Consider asking about the different types of treatments and management options that are available.

- ✓ If you're already being treated for menopause, or you've tried self-management options, consider sharing your experiences
- ✓ Your healthcare professional can provide an overview of the different hormonal and non-hormonal treatment options available
- ✓ Ask your healthcare professional to provide you with information on any lifestyle changes you can make

### Remember to provide any important details about your health status. This will help your healthcare professional to assess which treatment (if any) is most suitable for you.

- ✓ Have you started taking any new medications, vitamins, or supplements since your last appointment?
- ✓ Make sure you share any personal or family medical history that may be relevant to menopause e.g. existing conditions, family history of cancer, cardiovascular disease, or premature menopause

## Keep track

**Menopause typically lasts an average of seven years but can be as long as 14 years, and some women may notice changes in their symptoms over time.<sup>1,2</sup> This can mean that the treatment you started with may no longer suit your symptoms or lifestyle.**

Monitoring changes in your body or how your body responds to treatment is crucial. If you choose to start treatment for menopause, annual check-ups provide an opportunity to assess your overall health, monitor any changes in symptoms, and adjust your treatment plan as needed.<sup>3</sup> If you notice significant shifts in your symptoms or feel that a different approach is needed, don't hesitate to book an appointment with your healthcare professional.

## Notes

from your healthcare professional appointments

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Complete our symptom tracker from The Menopause Platform (<http://www.themenopauseplatform.co.uk>)

### References

1. NIH. National Institute on Aging. What Is Menopause? Available at: <https://www.nia.nih.gov/health/menopause/what-menopause> Last accessed October 2024.
2. NHS. Menopause Symptoms. Available at: <https://www.nhs.uk/conditions/menopause/symptoms/> Last accessed October 2024.
3. NHS. Menopause Treatment. Available at: <https://www.nhs.uk/conditions/menopause/treatment/> Last accessed October 2024